

North Bay Regional Health Centre

Birthing Unit Welcome to the Birthing Unit!

We are honored to be a part of your special day, CONGRATULATIONS! In order to ensure your time with us is safe and enjoyable, we've outlined a few guidelines below specific to having your baby at North Bay Regional Health Centre while enhanced restrictions are in place due to COVID-19.

Arrival at the Hospital

- All patients and permitted support people/visitors will be screened at the entrance to the hospital for signs and symptoms of respiratory illness (cough, fever, etc) and travel.
- All patients are asked to wear a mask immediately upon presentation to the hospital.
- If a support person/visitor is permitted (see below), they will also have to wear a mask.
- All patients and permitted support people/visitors will be screened again when registering/presenting to the Birthing Unit for signs and symptoms of respiratory illness (cough, fever, etc) and travel.

Triage

- If you have to come in for regular assessments throughout your pregnancy, have a concern about your pregnancy, or think you're in labour, you will be assessed in our Triage area. A support person/visitor will not be permitted while you are in triage (see below for support in labour).

Labour

- Currently our patients are permitted to have one support person during labour and postpartum. This person must be well, have not travelled outside of the country in the previous fourteen days and will be screened upon entry to hospital.

After Admission

- Once you have been admitted, we ask that you and your support person stay in your room for the duration of your stay as much as possible.
- If you must leave your room, please ensure to wear a mask at all times while you are away from your room and use hand sanitizer.
- We cannot provide access to the pantry and/or fridge at this time. Please ONLY bring in pre-packaged food that will not require refrigeration. You're welcome to bring a small cooler in and we can offer hospital provided meals.

Nicotine Replacement

- During this time of restrictions, North Bay Regional Health Centre recognizes the challenge of not be able to leave your room if you use nicotine. At this time we are happy to offer both you AND your support person options for Nicotine Replacement Therapy. Please ask your nurse for more information.